

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Cheese Tortellini w/ Marinara (pasta) Italian Mixed Vegetables Tossed Salad  Pear	<b>2</b> Chicken Mole Mexican Rice Cabbage & Carrots Fresh Salad  Fresh Fruit	<b>3</b> Pot Roast w/ gravy Mashed Potatoes Peas & Onions Fresh Salad  Orange	<b>4</b> Creole Fish Steamed Rice Winter Blend Veg Fresh Salad  Fresh Fruit	<b>5</b> Chef's Choice Assorted Juice Fresh Fruit
<b>7 Labor Day</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Marsala Chicken Diced Potatoes Spinach Assorted Juice  Fresh Fruit	Garlic Chicken Roast Potatoes Broccoli Fresh Salad  Fresh Fruit	Meatloaf w/ gravy Scalloped Potatoes Peas & Carrots Assorted Juice  Fresh Fruit	Breaded Fish w/ tartar sauce Rice Green Beans Fresh Salad  Orange	Pasta Bolognese (Turkey) Penne Pasta Mixed Greens Fresh Salad  Fresh Fruit	Chef's Choice Assorted Juice Fresh Fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Chicken Provencal Brown Rice Capri Mixed Vegetables Assorted Juice  Citrus Fruit	Ropa Vieja (Beef) Rice Beans Fresh Salad  Fresh Fruit	Chicken w/Valencia Sauce Orzo Pasta Brussel Sprouts Fresh Salad  Fresh Fruit	Turkey Breast w/ gravy Mashed Potatoes Green Beans Fresh Salad  Orange	Chicken w/ Souvlaki Sauce Brown Rice Broccoli Fresh Salad  Fresh Fruit	Chef's Choice Assorted Juice Fresh Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Cilantro Lime Fish Rice Spinach Assorted Juice  Fresh Fruit	Coconut Curry Chicken Long Grain Rice Asian Mix Vegetables Fresh Salad  Fresh Fruit	BBQ Beef Garlic Mashed Potatoes Mixed Greens Fresh Salad  Fresh Fruit	Lemon Herb Fish Rice Pilaf Green Beans Fresh Salad  Fresh Fruit	Vegetarian Chili Cornbread (Tomatoes, Peppers, Corn) Fresh Salad  Fresh Fruit	Chef's Choice Assorted Juice Fresh Fruit
<b>28</b>	<b>29</b>	<b>30</b>	 <h1 style="text-align: center;">September 2020</h1> 		
Mexican Beef Seasoned Pinto Beans Mixed Vegetables Assorted Juice  Fresh Fruit	Salisbury Steak w/ gravy Mashed Potatoes 5 way Mix Vegetables Fresh Salad  Fresh Fruit	Turkey Breast w/ Mushroom Gravy Rice Pilaf Peas Fresh Salad  Fresh Fruit			

1% milk served with each meal.

This Program is partially funded by City County of SF Dept of Disability and Aging Services and is available to individuals 60 years and older.